



Kamikochi

上高地

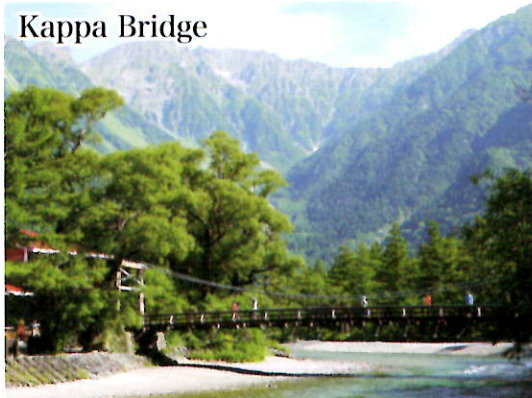
Kamikochi is a roughly 1,500 meter high plateau spanning the Okuhida Hot Spring Village area of Gifu Prefecture and Matsumoto city in Nagano Prefecture that boasts one of Japan's top scenic mountain areas. It was designated a national cultural property (Special Places of Scenic Beauty and Special Natural Monuments) as part of the Chubu Sangaku National Park.

It is open from late April to November 15

Access by regular vehicles is restricted to protect the natural environment.

[Web site] www.kamikochi.org

Kappa Bridge



This suspension bridge over the Azusa River is 36.6 meters long. It is one of the top viewing spots in Kamikochi and offers a magnificent view of the North Alps.



Myojin Pond



This is a sacred pond on the Hotaka Shrine grounds (admission fee of 300 yen). A Shinto ritual is held every year on October 8.



It is about 3.4 km from the Myojinbashi Bridge to Tokusawa, and takes about 70 minutes on foot. From Tokusawa, the trekking path takes one night and two days (mountain climbing notification must be submitted).

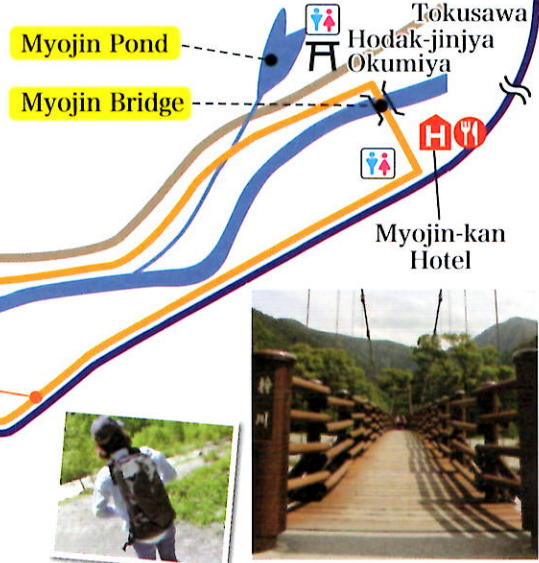


Takesawa Bog

Azusa river Right bank Promnade

Takesawa Bog

Azusa river Left bank Promnade



Along the right bank of the Azusa River up to the Kappabashi Bridge, there are many lodging facilities with restaurants and shops, and you can enjoy sweet foods and meals that are bursting with originality.



Westone Relife



Tashiro Mashland · Tashiro Pond



“Azusa river”Course
Bright and comfortable course along the riverside. You also pass a river beach partway.

All types of flowers bloom in summer in the scenic marsh. The water of the nearby Tashiroike Pond changes color depending on the sunlight.

Taisyo Pond



This pond was created by a volcanic eruption. The early morning hours when it is veiled in mist is especially stunning. The scenery of the active volcano Mt. Yakedake is also beautiful.



Right bank Promnade
Left bank Promnade

Right bank Promnade

Kamikouchi Onsen Hotel

Hodaka Bridge

Tashiro Bridge

Left bank Promnade

Teikoku Hotel

Teikoku Hotel-mae

“Forest”Course

Tashiro Pond

Tashiro Bog

Taisho Pond

Taisho-ike Hotel

Shuttle bus / 20mins

Abou tonnele

Shuttle bus (between Hirayu bus stop and Kamikochi) 1,160 yen (2,050 return). Shuttle bus service: Every 30 minutes from late April to mid-November

“Akandana”Parking lot

Those coming to Okuhida by car should park at the Akandana parking lot at the Hirayu hot springs and take the free shuttle bus. (Parking costs 600 yen per day.)



Kamikochi Visitor center Free WiFi
In addition to a display of documents related to Kamikochi and a movie that can be watched, this place also provides tourist information about Kamikochi. TEL.0263-95-2606

Kamikochi Information center Free WiFi
In addition to information about flowering of the plants and current trekking conditions, it also provides information about hotels on a bulletin board. There is also a staffed information desk and a free rest area. TEL.0263-95-2433

Kamikochi Bus terminal

The area has waiting rooms, shops, a clinic, and restrooms. When leaving, it is best to get on the bus at Kamikochi bus terminal as the Taishoike bus stop is always busy.

Promenade to Taisho pond ~ Tashiro Bridge

About 1.9 km on foot. There are many signboards describing characteristics of Kamikochi such as the marsh, waterfront, and forests.

Taisho Pond → Kappa Bridge

Distances/3.7km Duration/1h

- Taisho Pond
- ▼ As soon as walking
- Tashiro Marshland·TashiroPond
- ▼ As soon as walking
- Tashiro Bridge
- ▼ About 10 minutes on foot
- Westone Relife
- ▼ About 15 minutes on foot
- Kappa Bridge
- ▼ About 5 minutes on foot
- Kamikochi Bus terminal

Kappa Bridge → Myojin-Pond

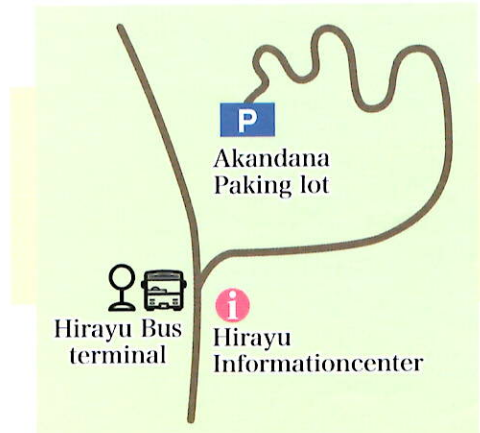
Distances/7km Duration/2h

- Kamikochi Bus terminal
- ▼ About 5 minutes on foot
- Kappa Bridge
- ▼ About 15 minutes on foot (Right bank Promenade)
- Dakesawa Marshland
- ▼ About 45 minutes on foot
- Hodaka-jinja Okumiya
- ▼ As soon as walking
- Myojin Pond
- ▼ About 60 minutes on foot
- Kamikochi Bus terminal

- Hotel
- Restaurant
- Souvenirs shop
- Coffee shop

- Hot spring
- Information
- Bus stop
- Toilet

Okuhida Onsen-go Hirayu Bus terminal



P
Akandana Paking lot

Hirayu Bus terminal

Hirayu Informationcenter

To Matumoto